

# Healthy School Lunch Builder

Tips for parents

Children eat one or more meals at school on weekdays. Take the stress out of making healthy, nutritious lunches with these tips. Involve your kids and make it fun.



FRUITS  
Choose 1



VEGETABLES  
Choose 1-2



DAIRY  
Choose 1



WHOLE GRAINS  
Choose 1-2



DRINK?



LEAN PROTEIN  
Choose 1-2



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